**Table S4.** A non-exercise testing regression model for estimating cardiorespiratory fitness in whites and South Asians using physical activity minutes per week with an ethnicity variable\*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Variable | Observed coefficient | Standard error | 95% CI | p-value |
| Constant | 79.258 | 4.027 | 71.304, 87.211 | <0.001 |
| Age, y | -0.378 | 0.049 | -0.475, -0.280 | <0.001 |
| BMI, kg⋅m-2 | -0.897 | 0.090 | -1.074, -0.720 | <0.001 |
| Smoking status |  |  |  |  |
|  | Never smoked | 0, reference | - | - | - |
|  | Ex or current | -1.791 | 0.787 | -3.345, -0.237 | 0.024 |
| Physical activity† | 0.007 | 0.002 | 0.002, 0.011 | 0.005 |
| Resting heart rate | -0.090 | 0.040 | -0.169, -0.011 | 0.025 |
| Ethnicity |  |  |  |  |
|  | South Asian | 0, reference | - | - | - |
|  | White | 7.951 | 0.815 | 6.342, 9.560 | <0.001 |

\*This model is referred to as model 6 in the text of the manuscript. Model R2 value was 0.7051, adjusted R2 was 0.6941, and root-mean-square error was 4.4372. N=168. †Physical activity is a continuous variable derived from minutes per week of moderate- to vigorous-intensity physical activity.